

CLAIMS

1. A natural food product that contains plants (papaya, maca or the like) which contain zinc in high concentrations.
2. A natural food product that contains zinc at a rate of 1,000 ppm or greater, preferably 10,000 ppm or greater.
3. A method for manufacturing the natural food product (papaya, maca or the like) which contains zinc in large amounts according to Claim 1 or 2, characterized in that plants are stirred and/or shaken in a non-proliferating manner in a suspended state under aerobic conditions in a solution that contains a mineral salt or organic complex of zinc as a zinc source at a rate of 100 ppm or greater.
4. The food product according to Claim 1 or 2, characterized in that said food product uses a natural substance that contains minerals in high concentrations as said natural substance.
5. A food product that contains calcium, magnesium and/or iron in large amounts according to Claim 1 or 2, characterized in that mineral is calcium, magnesium and/or iron.
6. A method for manufacturing a natural food product that contains calcium, magnesium and/or iron in large amounts according to Claim 1 or 2, characterized in that a natural substance is stirred and/or shaken in a non-proliferating manner in a suspended state under aerobic conditions in a solution that contains a mineral salt or organic complex as a source of calcium, magnesium and/or iron at a rate of 100 ppm or greater.